Daily Update on Novel Coronavirus (COVID-19)
August 20, 2020

New information is in red and bold.

This update is available online at healthvermont.gov/covid19
Click the "See the Latest Update" button.

Please visit the Vermont Department of Health's COVID-19 web and data pages
healthvermont.gov/covid19

What is a close contact?

When we talk about containing the spread of COVID-19, we often refer to reaching out to the "close contacts" of a person who tested positive. But what does that mean?

Both time and distance matter. Close contact generally means being within six feet for 15 minutes or more, of the person who tested positive while they are contagious (infectious).

Examples of close contacts include someone you live with, rode in the car with, or had dinner with.

Close contact does not mean: being more than six feet away in the same indoor environment for a short period of time, walking by, or briefly being in the same room.

Examples of not close contacts include a cashier or someone you passed by at a store, or a coworker you briefly passed to ask a question.

The infectious period starts two days before any symptoms began, or for people who didn't have symptoms, two days before they got tested, and continues until they are recovered.

The average number of close contacts per person who tests positive for COVID-19 in Vermont is three.

Close contacts get a call from the Health Department with guidance to stay home and away from others for a certain amount of time, and are asked to watch themselves for symptoms. Learn more about contact tracing.

New on healthvermont.gov

Take a deeper data dive in the [Weekly Summary of Vermont COVID-19 Data.](#) Learn about Vermont's positivity rate, symptoms, demographics, and more. Each week we "spotlight" a new topic. This week, learn more about the age, sex, race and ethnicity of people who have been tested for COVID-19 in Vermont.

When it comes to COVID-19, information can seem complex. In our new video, we break it down into some basics. Check it out and share with others: [Simple Ways to Stop COVID-19 from Spreading.](#)

Find School, Fall Sports and Social, Emotional and Mental Health Guidance

A [Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#) has been updated. In addition, guidance for [Fall Sports Programs for the 2020-2021 School Year](#) and [A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19](#) have been published.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on August 20, 2020

Description	Number
Total cases*	1,537 (4 new)
Currently hospitalized	2
Hospitalized under investigation	8
Total people recovered	1,356
Deaths+	58
People tested	115,459
Travelers monitored	881
Contacts monitored	42
People completed monitoring	6,790

* Includes testing conducted at the Health Department Laboratory, commercial labs and other public health labs.
+ Death occurring in persons known to have COVID-19. Death certificate may be pending.

Hospitalization data is provided by the Vermont Healthcare Emergency Preparedness Coalition and is based on hospitals updating this information.

Find more at the data dashboard: healthvermont.gov/currentactivity.

Getting Tested for COVID-19

Not everyone needs to be tested for COVID-19. Use CDC's Self-Checker tool to find out if you should be tested.

If you think you may need to get tested, talk with your health care provider, or call 2-1-1 if you don't have a provider and need to be connected to care.

If you do need testing, look for a clinic or pharmacy that offers testing near you, or register at a pop-up location.

- See how to get tested and to make an appointment.

Guidance for Vermonters
- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you are having even mild symptoms of COVID-19, call your health care provider.
- Maintain physical distancing of at least 6 feet and wear a mask when near others.
- Get the information you need at our Frequently Asked Questions.

Traveler Information
Visit our Travel to Vermont web page for continually updated information and guidance, including about quarantine requirements, testing, and to sign up with Sara Alert for symptom check reminders.

Take Care of Your Emotional and Mental Health
If you or someone you know is in crisis or needs emotional support, help is available 24/7:
- Call your local mental health crisis line.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255.
- Text VT to 741741 to talk with someone at the Crisis Text Line.
- For more information visit healthvermont.gov/suicide.

Get self-help tips and connect to mental health services at COVID Support VT.
See ways for Coping with Stress.

For more information:
- COVID-19 health information, guidance and case data: healthvermont.gov/covid19
- Governor's actions: governor.vermont.gov/covid19response
- The state's modeling: dfr.vermont.gov/about-us/covid-19/modeling

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Information for the public can be found at https://healthvermont.gov/covid19.